Michigan Department of Education

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004315 - Popcorn BRglaze-Sag Twp Schls : Sag Twnsp Schls	Components	Attributes
HACCP Process: #2 Same Day Service	Meat/Alt:	-WG Snack
Number of Portions: 45.9	Grains:	
Size of Portion: 3 cups	Fruit:	
	Vegetable:	
	Milk:	

RECIPE #4315: FLAVORFUL POPCORN WITH BLUE RASPBERRY GLAZE

Ingredients	Measures	Instructions
905217 Popcorn premium 45 to 1, 36g 905218 Oil popping no trans 14g 905219 Seasoning popcorn btr flvrd 1.3g 905236 Glaze Pop blue rasp	1/2 cup	Prepare one batch of popcom using 1 1/2 Cups popcom, 3 TBSP oil, and 1 tsp Seasoning by combining oil, seasoning, and popcom kernals in popper kettle. Heat until popping ends. Empty kettle of any remaining kernals. Then prepare two batches of popcorn using for each batch 1 1/2 Cups popcom, 3 TBSP oil and 1/4 Cup Blueberry Glaze Pop. Combine the three batches to distribute the glazed popcorn evenly. Portion popcorn into 3 cup servings in each 2# Kraft bag. 3 cup serving weighs 24 gm or .86 oz.

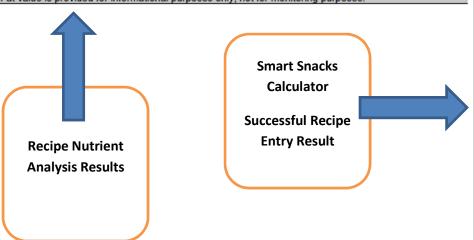
*Nutrients are based upon 1 Portion Size (3 cups)

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Calories	100 kcal	Cholesterol	0 mg	Sugars	2.2 g	Calcium	*0.00* mg	31.75%	Calories from Total Fat
Total Fat	3.53 g	Sodium	33 mg	Protein	2.09 g	Iron	0.56 mg	1.76%	Calories from Saturated Fat
Saturated Fat	0.20 g	Carbohydrates	15.25 g	Vitamin A	*441.2* IU	Water¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.61 g	Vitamin C	*0.0* mg	Ash¹	*N/A* g	60.96%	Calories from Carbohydrates
								8.36%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

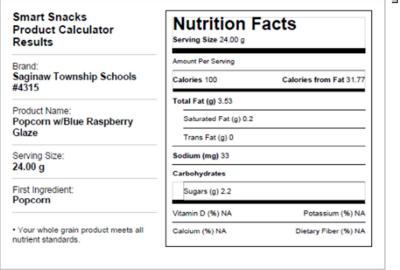
- * denotes combined nutrient totals with either missing or incomplete nutrient data
- 1 denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.









NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.